

# Group Exercise



## WINTER 2017 (January 1 - April 30)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am						<b>Spin</b> 7:30-8:30am	
8:00am						Instructor TBA	<b>Spin</b> 8-9am
8:30am						<b>Fit Factory</b> 8:35-9:35am	(John)
9:00am	<b>Cardio &amp; Strength</b> 9-10am (Jana)	<b>Body Blast</b> (John) 9-9:30am	<b>PiYo</b> 9-10am	<b>Body Blast</b> (John) 9-9:30am	<b>Step Class</b> 9-10am (Jana)	Instructor TBA	<b>Body Blast</b> (John) 9-9:30am
9:30am		<b>Spin</b> 9:30-10:30am	(Michelle)	<b>Spin</b> 9:30-10:30am			
10:00am	<b>Core Class</b> (Jana)	(John)	<b>Turbo Kick</b> 10-11am	(John)			
10:30am	10:15-10:45am	<b>Beginner TRX</b> 10:30-11:30am	(Michelle)	<b>Beginner TRX</b> 10:30-11:30am	10:15-10:45am		
11:00am	<b>Women's Total Body Conditioning</b> (Jana) 11am-Noon <b>Mat Pilates</b>	(John)	<b>Pilates Barre</b> 11am-Noon	(John)	<b>Ball Class</b> 11am-Noon		
11:30am	11am-Noon (Michelle)	<b>Intermediate TRX</b> 11:30-12:30	(Michelle)	<b>Intermediate TRX</b> 11:30-12:30	(Jana)		
12:00pm		(John)		(John)			
EVENING CLASSES							
5:30pm				<b>Core Strengthening &amp; Toning</b>			
6:00pm	<b>Spin</b> 6-7pm	<b>Spin</b> 6-7pm	<b>Spin</b> 6-7pm	5:30-6:30pm (Katrina)			
6:30pm	(John)	(Lynn)	(John)				
7:00pm	<b>Fit Factory</b> 7-8pm	<b>Bodyshred</b> (Lynn) 7-7:30pm	<b>Fit Factory</b> 7-8pm				
7:30pm	(John)		(John)				
<b>CLOSED</b>	<b>NO CLASSES</b> January 2	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b> January 1

Old Redmond Schoolhouse Community Center, 16600 NE 80th Street, Redmond  
Register online at [www.redmond.gov/register](http://www.redmond.gov/register) or by calling 425-556-2300

- \* 4-Month Fit Pass \$140R/\$168NR
- \* 1-Month Fit Pass \$45R/\$54NR
- \* 4-Month Spin Unlimited \$100R/\$120NR
- \* Drop-In (60 Min Classes) \$7R/\$9NR
- \* Drop In (30/45 Min Classes) \$5R/\$7NR



## SATURDAY INSTRUCTOR SCHEDULE

<u>DATE</u>	<u>SPIN</u>	<u>FIT FACTORY</u>
1/7/17	Tracy	Tracy
1/14/17	Lynn	Lynn
1/21/17	Lynn	Lynn
1/28/17	Michelle	Michelle
2/4/17	Lynn	Lynn
2/11/17	Michelle	Michelle
2/18/17	Tracy	Tracy
2/25/17	Lynn	Lynn
3/4/17	Tracy	Tracy
3/11/17	Michelle	Michelle
3/18/17	Tracy	Tracy
3/25/17	Lynn	Lynn
4/1/17	Tracy	Tracy
4/8/17	Lynn	Lynn
4/15/17	Tracy	Tracy
4/22/17	Michelle	Michelle
4/29/17	Katrina	Katrina



City of Redmond Parks and Recreation  
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